flexleg™

Mobility Redefined™

Intended Use:

A crutch alternative designed to enable mobility while preventing weight bearing on a lower limb.

MAX SUPPORTED WEIGHT:
300 Lbs./136.08 Kgs.

MAX USER HEIGHT:
6'8"/203 cm

DEVICE NET WEIGHT:
5.9 Lbs./2.68 Kgs.

Designed by: FlexLeg, LLC
Manufactured in USA for FlexLeg, LLC

INTRODUCTION

Thank you for choosing FlexLeg as you recover from a lower leg injury or other medical condition that prevents weight bearing on a lower limb. FlexLeg was designed to enable a user to experience greater mobility during a recovery when used properly. FlexLeg can be obtained directly from FlexLeg, LLC through our website www.flexleg.com.

Before using or assembling the FlexLeg, please take a moment to read through the user manual in its entirety. Should you have any questions or concerns about the device, its assembly, or how to properly use the device, please contact FlexLeg directly:

phone: (801) 410-0534

email: service@flexleg.com

SUITABILITY OF DEVICE

The FlexLeg is a crutch substitute (HCPC #E0118) that facilitates greater mobility independence for individuals suffering from a lower extremity injury. The device cradles the injured limb and allows an individual to walk with a more natural gait. FlexLeg's safe and simple design offers hands-free balance and multi- terrain movement, making it an excellent crutch alternative for individuals with a busy and active lifestyle.

The following questions help determine user suitability for a FlexLeg. In our tests, superior outcomes have followed when a user, in conjunction with professional healthcare advice, can answer yes to all of the questions below.

- Is patient between 18-55 years of age?
- Is patient healthy and within a healthy weight range for body size?
- Is patient's weight 300 Lbs. or less?
- Is patient's height 6'8" or less?
- Was patient active and able to walk before the injury?
- Was patient stable and able to balance before the injury?
- Does patient have sufficient strength in uninjured leg/foot?
- Does patient want to remain active during recovery?

FIRST TIME USE

If you have not already done so, consult a medical professional for specific advice on appropriateness of device or how it might affect a particular recovery or long-term medical condition affecting a lower limb. **Though not required, consulting a medical professional before using this device is strongly recommended and may help increase the likelihood of success with the device.**

Read manual and refer to the Quick Start Guide before first time use of device. Ensure full and proper assembly of device before use. **Verify tightness of all hardware before each use.**

Caregiver assistance is recommended during assembly, fitting and initial use of device. Use of a cane or walker is also strongly recommended as necessary during initial learning period.

Balance and stability are key to successful use of device. Use uninjured limbs to aid balance during use of device. Use uninjured foot to ensure stability while standing and walking. WARNING: DO NOT USE DEVICE IF BEFORE INCURRING AN INJURY YOU WERE UNABLE TO BALANCE PROPERLY OR IF YOU EXPERIENCED INSTABILITY WHILE WALKING OR STANDING.

Use of device requires sufficient strength in uninjured leg and foot. Device may cause tiredness, fatigue, or muscle soreness during initial learning period. This is normal. **Rest frequently during initial use of device and as necessary thereafter.**

3-5 minutes of extended leg rest for approximately every 30-60 minutes of use is recommended. As muscles become accustomed to use of device muscle soreness and/or fatigue should decrease. Consult a medical professional if excessive tiredness, fatigue, or muscle soreness persists beyond 3 days. WARNING: DO NOT USE DEVICE IF IT IS EXCESSIVELY UNCOMFORTABLE OR IF PAIN RESULTS.

Successful use of device requires practice. Caregiver assistance during initial learning period and thereafter on new terrains is required. Make sure you are sufficiently stable and comfortable while standing and walking before attempting to climb stairs/ inclines or walk on uneven terrain. WARNING: DO NOT ATTEMPT TO CLIMB STAIRS IF NO RAIL IS PRESENT. DO NOT ATTEMPT TO WALK ON INCLINE OR WALK ON UNEVEN TERRAIN WITHOUT CAREGIVER ASSISTANCE.

Although use of device will take practice and getting used to, device should not cause extreme discomfort or pain. Check to make sure device has been fitted properly and that Velcro® straps and foam pads conform to leg in a snug but comfortable manner. CAUTION: DISCONTINUE USE OF DEVICE IMMEDIATELY IF EXCESSIVE PAIN RESULTS FROM USE.

DEVICE PARTS

Parts List From Quick Start Guide:

- Main Bar (A)
- Extension Bar (B)
- Knee Platform (C)
- Extension Bar Washer (E)
- (2) Leg Cradles (F & G)
- Bracket (I)
- Thigh Strap (K)
- Knee Strap (L)
- (2) Calf Straps (M) Use 20” OR 30” strap as appropriate
- Upper Leg Cradle Foam (N)
- Lower Leg Cradle Foam (O)
- Front Platform Foam Pad (P)
- (2) Rear Platform Foam Pads (Q & R)
- (2) Bracket Bolts (S)
- Flexible Foot (T)

FOAM PADDING & STRAPS

Device ships with standard padding. Additional foam pads can be purchased as necessary through FlexLeg’s website. Use more or less padding according to need. Customize pads as necessary to suit a specific injury. Trimming or stacking of pads may be necessary to achieve proper level of comfort and safety. Extensive use of device will cause wear and eventual breakdown to foam pads - this is normal. **Replace foam pads when they no longer provide proper support or protection.** WARNING: DO NOT USE DEVICE IF FOAM IS SEVERELY WORN. USING DEVICE WITH SEVERELY WORN OR DETERIORATED FOAM MAY CAUSE SKIN BREAKDOWN.

Device ships with standard safety straps. Extensive use of device will cause wear and eventual fraying of straps - this is normal. **Replace safety straps when they no longer provide proper support or when they no longer attach to device or self properly.** WARNING: DO NOT USE DEVICE IF SAFETY STRAPS NO LONGER ADHERE PROPERLY. USING DEVICE WITH WORN OR DETERIORATED SAFETY STRAPS IS DANGEROUS AND MAY CAUSE DEVICE TO ACCIDENTALLY DETACH FROM LEG.

DEVICE CLEANING & MAINTENANCE

Maintaining a FlexLeg is simple and easy. The device should be cleaned as often as necessary for a safe and comfortable user experience.

• To clean aluminum frame, flexible foot, or leg cradles, simply use a damp towel with a mild detergent cleanser as necessary. Wipe down device with towel and allow to air dry or use a dry towel as necessary.

• Foam pads and safety straps can be replaced as necessary (see section on Padding and Safety Straps). WARNING: DO NOT PLACE FOAM PADS OR SAFETY STRAPS IN WASHING MACHINE, DISHWASHER, OR OTHER CLEANING DEVICE THAT USES EXTREMELY HOT WATER OR STRONG CHEMICALS. DAMAGE MAY RESULT TO PADS OR STRAPS. FOAM PADS AND SAFETY STRAPS SHOULD BE REPLACED ONCE SEVERELY SOILED, WORN, OR DAMAGED.

• Over time tread on Foot will wear away. If tread has worn beyond its useful life, contact us through www.flexleg.com obtain a replacement.

• To properly care for device, do not allow device to be subjected to extremes in temperature - hot or cold. Extremes in temperature may cause adhesive in Velcro® or Foot tread to accidentally detach.

• WARNING: DO NOT ALLOW DEVICE TO BE LEFT IN DIRECT SUNLIGHT OR HOT CAR FOR EXTENDED PERIODS (ABOVE 120 DEGREES F/48.89 DEGREES C). DO NOT ALLOW DEVICE TO BE EXPOSED TO SNOW OR ICE FOR LONG PERIODS. DAMAGE TO DEVICE MAY RESULT IN EITHER CASE. DO NOT USE DEVICE IF DAMAGED OR MALFUNCTIONING.

WARNINGS & DISCLAIMERS

WARNING: DO NOT RUN WHILE USING THIS DEVICE. IF PREGNANT, CONSULT A PHYSICIAN BEFORE USING DEVICE. DO NOT USE DEVICE ON SLIPPERY SURFACES (I.E. RESTAURANT FLOORS, WET SURFACES, SNOW/ICE) OR UNSTABLE TERRAIN. DO NOT STAND, JUMP, OR SIT ON DEVICE. DO NOT USE DEVICE WHILE USING MIND ALTERING DRUGS, ALCOHOL, OR SUFFERING FROM DIZZINESS. DO NOT USE DEVICE IF YOU HAVE POOR BLOOD CIRCULATION OR IF YOU ARE AT RISK FOR BLOOD CLOTS. USE DEVICE ONLY FOR INTENDED PURPOSE. DISCONTINUE USE OF DEVICE IMMEDIATELY IF INJURY RESULTS FROM USE OR IF DEVICE IS DAMAGED. CAREGIVER ASSISTANCE AND/OR SUPERVISION IS ENCOURAGED AT ALL TIMES. DO NOT LOAD MORE WEIGHT ONTO FOOT THAN ITS RATED WEIGHT LIMIT OR BREAKAGE MAY RESULT. DO NOT REMOVE FOOT FOR ANY REASON. IF BREAKAGE OR DAMAGE RESULTS TO FOOT, CONTACT FLEXLEG, LLC.

DISCLAIMER OF WARRANTIES: SELLER/LESSOR MAKES NO WARRANTIES, EXPRESS OR IMPLIED, AS TO ANY MATTER WHATSOEVER, INCLUDING, WITHOUT LIMITATION, THE MOBILITY DEVICE'S MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE. YOU ACKNOWLEDGE THAT YOU ARE PURCHASING/LEASING THE MOBILITY DEVICE "AS IS" AND THAT SELLER/LESSOR IS NOT LIABLE IF THE MOBILITY DEVICE DOES NOT WORK FOR YOUR PARTICULAR CIRCUMSTANCES OR NEEDS. SELLER/LESSOR FURTHER DISCLAIMS ANY LIABILITY WHATSOEVER FOR LOSS, DAMAGE, OR INJURY TO YOU OR THIRD PARTIES AS A RESULT OF ANY DEFECTS, LATENT OR OTHERWISE, IN THE MOBILITY DEVICE.

Acknowledgment of Risk: You acknowledge that by its very nature, use of a Mobility Device (FlexLeg) may be unnatural and may result in physical injury. You understand that no matter how careful you, your minor child/ward, or others may be while using a FlexLeg, the risk of serious injury is not eliminated. You acknowledge that in addition to the risks and injuries identified above, your use of a FlexLeg includes other unknown or unanticipated risks that may result in serious physical and/ or emotional injury, illness, paralysis, death, and/or damage to your person, property, or third parties. You understand and acknowledge that while conduct giving rise to such risks might in limited circumstances give rise to an action in tort or contract, you have freely and knowingly consented to such conduct and to participate in such situations and activities. You acknowledge that neither Seller/Lessor nor any third party providing equipment or services in connection with a FlexLeg has made any warranties whatsoever with respect to the FlexLeg except those provided in the Device Warranty. You hereby waive any right you might otherwise have to warnings or instructions regarding any aspect of a FlexLeg or any services utilized in connection therewith.

Disclaimer: FlexLeg, LLC cannot guarantee suitability or appropriateness of device for a specific medical condition. Furthermore, FlexLeg, LLC cannot guarantee device will function in the same way for every user, or that every user will learn how to properly use the device. Consult a medical professional for specific advice on appropriateness of device or how it might affect a particular recovery or long-term medical condition affecting a lower limb. Read and follow all warnings. FlexLeg, LLC cannot be responsible for actions or consequences of users who fail to follow warnings or who use device for something other than its intended purpose.

LIMITED WARRANTY

The FlexLeg mobility aid is subject to a limited warranty found in its entirety at: www.flexleg.com and which is incorporated hereby into this Manual.

flexleg™

Mobility Redefined™

phone: (801) 471-0450
email: support@flexleg.com

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ASSEMBLY QUICK START GUIDE

WARNINGS:
DO NOT USE ON SLIPPERY SURFACES. CAREGIVER ASSISTANCE REQUIRED DURING INITIAL LEARNING PERIOD. REST FREQUENTLY – 3-5 MINUTES OF EXTENDED LEG REST FOR EVERY 30-60 MINUTES OF USE. REVIEW ALL TRAINING MATERIALS BEFORE USE. NEED HELP? CALL 801.410.0534 OR EMAIL support@flexleg.com.

PARTS

ASSEMBLED

Note: Images show assembled for right leg. Left leg units will have the cradles (F & G), platform (C) and foot (T) reversed.

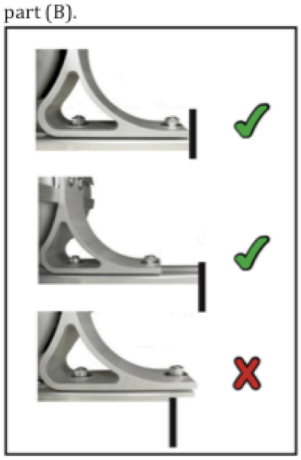
20" calf strap

30" calf strap

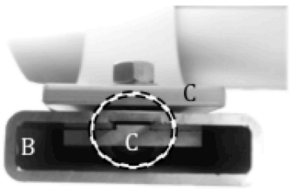
Use 20" OR 30" calf strap as needed.

STEP 1 Loosen 2 nuts and 1 screw on assembly (C), but don't remove.

STEP 2 Slide assembly (C) on to part (B).

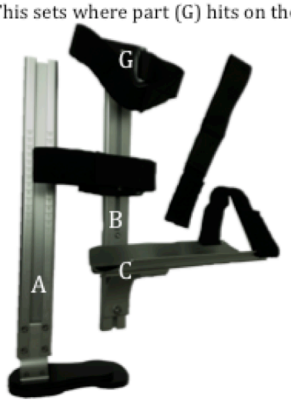


Assembly (C) must slide on to part (B) fully and not hang off.

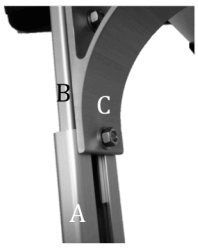


STEP 3 Ensure ridge of assembly (C) sits in slot of part (B) as illustrated.

STEP 4 Tighten screw with hex key tool. This sets where part (G) hits on the hip.



You should now have 2 components as illustrated.

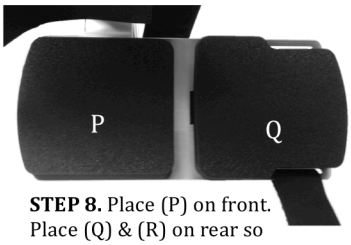


STEP 5. Slide (B) into (A). (C) will be on the outside of (A).

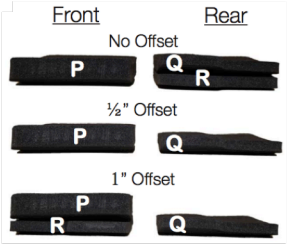
STEP 6. Tighten both nuts with ½" wrench.

WARNING: ensure both nuts are tight before using device.

STEP 7. Stick thicker cradle pad (O) on lower cradle and thinner cradle pad (N) on upper cradle.



STEP 8. Place (P) on front. Place (Q) & (R) on rear so slots in platform are visible.



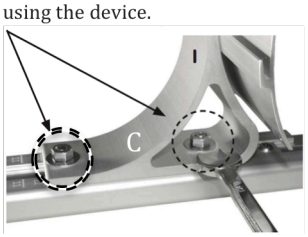
Pads can be adjusted to accommodate casts. Modify as needed. (R) has Velcro on both sides.

Your unit is now assembled!

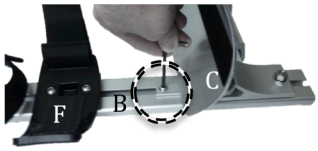
FITTING AND USE QUICK START GUIDE

IMPORTANT! CAREGIVER ASSISTANCE REQUIRED DURING FITTING AND LEARNING PROCESS.

STEP 1: First **check your balance** by standing on 1 foot for 10 seconds. If you cannot do this easily you will need to practice this or consider not using the device.

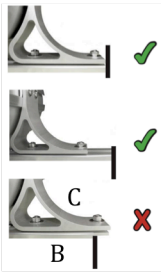


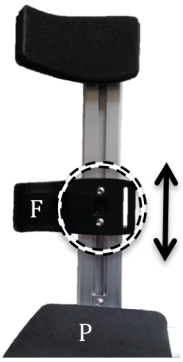
STEP 2 ADJUSTING HEIGHT: loosen two nuts on (C) with ½" wrench. Set so hips are level or low on device side (to prevent device foot dragging). **TIGHTEN BOTH NUTS BEFORE USING DEVICE.**



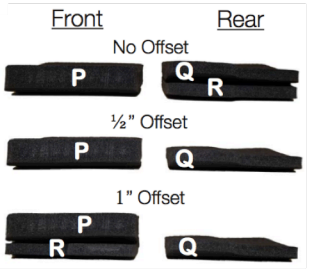
STEP 3 GETTING UP (OR DOWN). Remove the device to sit down. Recommended to Stretch leg for 3-5 minutes every 30-60 minutes of use.

STEP 4 ADJUST UPPER CRADLE (G). Loosen screw on (C) and nuts from step 2. Hold (C) and slide (B). Now (G),(B) and (F) will move together. Higher increases stability. Be sure to not overextend it (see image at right).



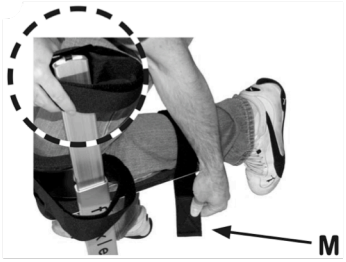


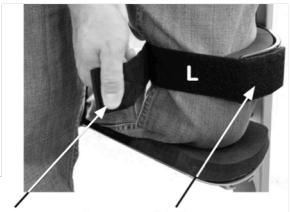
STEP 5 ADJUST LOWER CRADLE (F). Remove padding (O) and loosen **but do not remove** two screws with hex key tool. Slide cradle (F) up or down and tighten screws.



STEP 6 ADJUST PADDING. Pads are stackable via Velcro® and can be adjusted to accommodate casts.

STEP 7 ADJUST STRAPS IMPORTANT!: Ensure all straps are snug. **Attach straps in this order:** secure calf strap (M), then knee strap (L), then thigh strap (K). **Detach** straps in reverse order.





Pull here to adjust length of strap for initial fitting.

Pull here to get into & out of device.

When **straps (K) & (L)** are sufficiently tight, two (2) fingers should **NOT** be able to easily slide past second set of knuckles. Tighten as necessary.

GETTING WALKING

Remember to have caregiver assistance when you take your first steps. To gain full benefit of device, several minutes to hours of assisted practice may be necessary.

Be sure to **raise the device high enough** to **not drag the foot** when you walk.

Practice walking in a safe controlled environment when you are first learning. Also **practice taking the device on and off**. These two things along with **proper fitting** will give you the best experience and most freedom in recovery.

To prevent your foot from dropping and taking too big of a first step, **engage your hamstrings** as you step with the device.

Normal muscle soreness may occur in the opposite hip, calf and arch of foot as well as the hamstrings on the injured leg. **This is similar to soreness from exercise and should go away within a few days.**

STAIRS & HILLS

IMPORTANT! Always use handrail.

ASCENDING/DESCENDING. Lead with **uninjured leg** when **ascending**. Lead with **device** when **descending.** You may descend backwards or turn around and descend sideways. (See alternate descending method).

Plant foot fully on step.

To prevent catching device on stairs, use calf and hip muscles to raise device high.

ALTERNATE METHOD FOR DESCENDING STAIRS. Turn leg sideways & lead with the device. Be mindful of foot while descending.